Name of Program

Template created by: Your name and location here

You will need:

- List essential supplies here – include amount & cost if possible

You can add:

- List optional supplies here

Program instructions:

- Detailed instructions for the program, including setup and alternate activities

Display ideas:

- Specific titles or types of display material

Extras:

- Please add any additional instructions/templates to this document OR upload clearly labeled PDFs

Social and Emotional Learning Core Competencies:

- Competency: description

Developmental Assets:

- Asset Type - Asset: Description
Bowling

Template created by: Brin Bugo, Forest Lawn

You will need:

- 10 recycled plastic bottles (ideally all the same type)
- Water
- A ball if you have access to one or you can make one out of tape (a tape ball may also offer an extra challenge)
- Masking Tape

You can add:

- Small prizes for winners (ex: candy or Library swag)

Program instructions:

- Add a small amount of water to each bottle (more water = more challenging).
- Set up the pins in a triangle formation.
- Use masking tape to mark a line that players cannot cross when releasing the ball.
- Use the following scoring guide to score each player (or have a volunteer keep score) and mark it on the attached score sheet.
  - Each pin is worth 1 point
  - Strikes are worth 15 points
  - Spares are worth 12 points
- Each player gets 2 tries each turn.
- The player with the highest score at the end wins the game.

Display ideas:

- Game or sports books

Social and Emotional Learning Core Competencies:

- Social Awareness: Competitive and co-operative games help youth learn social norms.
- Relationship Skills: Competitive and co-operative games help youth learn communication skills, conflict resolution skills, and cooperation.
- Responsible Decision Making: Competitive and co-operative games help youth learn that each action has consequences.

Developmental Assets:

- Social Competencies – Peaceful Conflict Resolution: Competitive and co-operative games help youth learn how to resolve conflict non-violently.
- Social Competencies – Interpersonal Competence: Competitive and co-operative games help youth gain relationship skills.
- Positive Values – Responsibility: Competitive and co-operative games help youth learn to be accountable for their actions.
Origami

Template created by: Brin Bugo, Forest Lawn

You will need:
- Origami Paper (around $15-$25 for 500 sheets)
- Scissors
- Origami books or printed instructions

You can add:
- Glue/Tape
- Markers

Program instructions:
- Can be self-directed or directed.
- Lay out supplies and instructions.

Display ideas:
- Papercraft books including origami and other paper folding

Extras:
Instructions for origami crane and tulip with stem attached.

Social and Emotional Learning Core Competencies:
- Self-Awareness: By engaging in creative activities, youth are learning about their own abilities and gaining confidence.
- Self-Management: Creative activities can help lower stress and help youth stay motivated to finish what they have started.

Developmental Assets:
- Empowerment – Community Values Youth: If you give youth the opportunity to display their work in the Library, you are showing that the Library values their contributions.
- Constructive Use of Time – Creative Activities: Creative activities give youth increased confidence and allow them to explore new interests.
Strength Stones

Template created by: Brin Bugo, Forest Lawn

You will need:

- River rocks ($6 at Walmart for 2 kg or you can collect your own)
- Sharpies in various colours

You can add:

- Jewels or other decals
- Mod Podge as a sealant (about $5 for a 4-ounce bottle)

Program instructions:

- Place the supplies on the table and have each teen pick out a rock that appeals to them.
- Have the teens pick a word that will give them strength or boost their confidence.
- If they are having a hard time picking a word, there is a list of suggestions attached.
- Have the teens write the word on their stone and decorate the stone however they wish.
- Encourage the teens to carry the stone in their pocket to help them through difficult moments.

Display ideas:

- Books on resiliency or self-help.

Social and Emotional Learning Core Competencies:

- Self-Awareness: This activity requires youth to reflect on their strengths, weaknesses, and emotions.
- Self-Management: This activity gives youth a tool to use when they are having a hard time.

Developmental Assets:

- Social Competencies – Resistance Skills: When youth are able to manage stress in healthy ways, they are better able to resist negative influences.

Extras:

Word Suggestions:

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<th>Strength</th>
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<th>Understanding</th>
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<td>Wisdom</td>
<td>Peace</td>
<td>Bravery</td>
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<tr>
<td>Positivity</td>
<td>Passion</td>
<td>Comfort</td>
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I Spy Bottle (Self Directed)

Template created by: Brin Bugo, Central Service Delivery

Idea from Teen Services Underground (http://www.teenservicesunderground.com/cheap-and-easy-summer-programming-self-directed-style/)

You will need:

- Large clear plastic bottle with a cap
- Enough rice to fill the bottle
- Various small items (coins, small toys, beads, stationary, trinkets, etc.)
- Label (template attached)
- Glue
- Tape
- Funnel

You can add:

- Multiple smaller bottles

Program instructions:

- Fill the bottle with alternating layers of rice and small items.
- Make sure you write down every item you put in the bottle.
- Make sure you leave some room at the top of the bottle so that the contents can circulate easily.
- Type the list of items into the template, print it, and attach it to the bottle.
- Glue the inside of the lid and the top of the bottle to seal it.
- Place the bottle in your teen area with a display of search and find books.

Display ideas:

- Search and find books like I Spy or Where’s Waldo

Social and Emotional Learning Core Competencies:

- Self-Management: This activity helps teens learn healthy ways to manage stress.

Developmental Assets:

- Social Competencies – Resistance Skills: When youth are able to manage stress in healthy ways, they are better able to resist negative influences.
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